Adkins, W. (n.d.). DFA~Kali - Levels~1,~2~&~3 - Beginner. Dynamic Fighting Arts. Retrieved June 3, 2025, from

https://dynamic-fighting-arts.thinkific.com/courses/dfa-kali-levels-1-2-3-beginner https://dynamic-fighting-arts.thinkific.com/courses/dfa-kali-levels-1-2-3-beginner